

Instructions for completing the DD Form 2796 (Post Deployment Health Assessment) PDHA

Log on to your AKO account at <https://www.us.army.mil/suite/login/welcome.html>

Once on the AKO home page, click on “self service” at the top menu bar

Click on “my medical” on the drop down that appears

Wait for the page to fully load. At the top of the page a menu bar will appear, again, click on “my medical” and then “my medical readiness” from the drop down menu

Then click on the second highlighted link on the left “deployment health assessments”

You will see three options, the DD2795, the DD2796, and the DD2900. Click on the DD2796 button and click on “start new survey”

Complete the new survey and when section 6 is done, scroll to the top of the page and click on “submit”

You must sit with a health care provider that has access to MEDPROS in order to print the form. Individuals are encouraged to complete this important requirement before leaving their overseas duty station.

This one item alone could eliminate 1 hour from your redeployment out-processing.